

MHLA PROVIDER BULLETIN # 10 – Mental Health Prevention Services

Revised June 15, 2020



The purpose of this provider bulletin is to inform you about a new benefit for MHLA participants. Through a partnership with the LA County Department of Mental Health (DMH), participants will be able to receive mental health prevention services and/or activities. All clinic agencies will receive a supplemental behavioral health MGF payment of \$3.30 per participant (if they are enrolled and have had a qualifying primary care visit in the prior 24 months). Clinics will be required to provide mental health prevention services and/or activities to any participant.

BACKGROUND:

- DHS and DMH are partnering to expand access to mental health prevention services and/or activities to the MHLA population.
- The services are designed to help build protective factors and reduce risk factors associated with the onset of serious mental illness as well as with poverty, chronic medical conditions, ongoing stress, isolation or traumatic loss.

TYPES OF SERVICES:

- The services can include psychoeducation, well-being workshops and individual support services on topics such as stress management, anger management, behavioral activation, coping strategies, effective communication, emotional regulation, and grief and loss. Services should be provided as part of an approved curriculum.
- Duration of a prevention services cycle is determined by the screening process and the DMH-approved curriculum.
- The services are not treatment. If clinics determine that participants need treatment, clinics can refer participants to DMH for free services by calling 1-800-854-7771 or visiting the website at <http://dmh.lacounty.gov>.

SCREENING:

- All participants shall initially be provided with the questionnaire/measure Patient Health Questionnaire-9 (PHQ-9). Clinics will determine who should receive services based on the screening process, which should include any other pertinent information that indicates risk factors or the need to develop protective factors. Any participant can receive services regardless of the scores on the PHQ-9.
- CPs can determine whether a participant should also be provided with the questionnaire/measure GAD-7.
- All participants who receive mental health prevention services and/or activities shall be provided either or both questionnaire/measures quarterly (or more frequently if appropriate). Clinic staff can choose which questionnaire/measures is more appropriate for the follow-up.
- All participants who receive mental health prevention services and/or activities shall also be provided either or both questionnaire/measures at the end of the curriculum.

LOCATION OF SERVICES:

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- Services must be made available at all MHLA-approved clinic sites listed in Exhibit J, MHLA Site Profile. Services can be scheduled and they can be provided by telephone.
- While most services are to be provided individually, some can also be provided in groups.
- The face-to-face services cannot be provided at non-MHLA approved clinic sites.
- The mental health prevention services and/or activities shall be made available during clinic site hours of operation.

STAFF AND TRAINING:

- Every clinic agency must have staff trained to provide services.
- Any staff members (they do not have to be clinical providers) can provide the mental health prevention services and/or activities, as long as they receive training in an acceptable curriculum approved by DMH.
- However, staff are not required to meet any training requirements if they are only providing self-administered questionnaires/measures (PHQ-9 and the GAD-7).
- DMH will train or provide training for the services. Clinics must submit proof of training to mhlmentalhealth@dhs.lacounty.gov before beginning services. Proof may be sign-in sheets, training certificates, attestations, survey monkey forms or other proof.
- Clinics may also opt to submit their own training curriculum(s) for approval by DMH. However, any associated costs for clinics own training are non-reimbursable by DMH.
- Clinics must assign a trained lead staff, preferably a clinical provider, to be the mental health lead who will offer guidance to those providing services and communicate with MHLA about the program.

SUPPLEMENTAL BEHAVIORAL HEALTH MGF:

- Payment of the supplemental behavioral health MGF will only begin after clinics have submitted proof of training and receive confirmation from DHS.
- The supplemental behavioral health MGF will only be paid for those participants who qualify for the primary care MGF (who were enrolled that month and had a qualifying primary care visit in the prior 24 months).
- The supplemental behavioral health MGF will only continue as long as the DMH funds are available. It is being funded by DMH and Mental Health Services Act Prevention and Early Intervention dollars. If funding by DMH is no longer available, DHS will discontinue the supplemental behavioral health MGF and the associated services will no longer be required.

DATA COLLECTION/DOCUMENTATION:

- Encounter data: Clinics will submit encounter data to American Insurance Administrators (AIA) for two codes:
 - H0002 for mental health screening.
 - H2014 for mental health prevention services.
- Outcomes: Clinics will also be required to submit scores on the PHQ-9 (and GAD-7 when appropriate).

AUDITS:

- Clinics will be required to meet performance-based criteria set forth by DMH, which includes having multilingual staff proportionate to the multilingual participants served; ensuring that 100% of staff providing mental health prevention services are trained in those services; and

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ensuring that the outcome, demographic and encounter data is submitted on behalf of participants served.

- Medical/health records: Clinics must retain the original questionnaire/measures. Staff must also document accordingly in the medical/health record a note for each of the mental health prevention services and/or activities provided. Documentation related to mental health prevention services and/or activities are subject to review by DMH.

CONTINUATION OF PROGRAM:

- Funding for the services is contingent on the availability of DMH funds, on an analysis of how clinics are providing the mental health prevention services and/or activities and on the receipt of required data.

The information in this provider bulletin may be updated. Relevant information about this project is on the MHLA website.

If you have any questions, please contact Anna Gorman at agorman@dhs.lacounty.gov.